I-RECOVERY KERNEL

UKUQEDIWA KWOKUSETSHWA KWE-METHEDRONE.

4-Methoxymethcathinone (bk-PMMA) — Ngokukhethekile mayelana nokuhlanganiswa kwezindlela zokwelapha.

Lo mdlalo okhona ngoba ukuze uyeke ngokuphepha kudingeka ukuthi uqaphele yonke eminye imithi oyithathayo, hhayi nje i-methedrone.

⚠ UMTHOMBO WOKUNCIPHISA UBULIMAZI - AKUYONALO UKWELAPHO LWEMIDLALO | Ngokungathi ngephutha: shayela u-112 noma uthume umlayezo ku-0800 567 567.

Iningi leli gama lihlanganisa okungenye ithi ngazinye ngoba ingozi enkulu yokuphutha ihlala kuthile elilodwa ngasinye. I-Methedrone eyindlela ehlukene ngendlela ethize: ukuthi inesisombululo esithinta ama-serotonin kanye nomthuli okhulu onokubuyiselwa okuncane, kusho ukuthi isikhathi esiyingozi kakhulu ekugwiseni i-methedrone akuhlelo lokuguqulwa ngokwalo—kukhona ukuxhumana okunengqungquthela nezinye izinto ezisuke ngaphakathi komuntu, kungaba zokwelapha noma yini. Leli khasi liyibheka lokhu njengeqiniso elisemkhakha oyinhloko, hhayi nje into encane.

Isigaba 0 — Ukuphepha Okubukhoma: Funda Lokhu Kuqala.

⚠ ISIVIMBAMBE SEZOKUDLALWA KWEZEMPILO

UMA USETHULE NGEMETHEDRONE NGESIKATSHAMI ESINYE SEZIMEDICALI EZILANDISELE UKUGCWELE KWESEROTONIN, NJENGO-SSRI, SNRI, MAOI, TRAMADOL, DEXTROMETHORPHAN, TRIPTANS, ST. JOHN'S WORT, NOMA ISUPHLEMENTI ESIHLANGANISWA NESEROTONIN — NOMA UCELE UKUMISA ELILUNYE LALEZIMEDICALI KUDALA — QAPHE NGOKUQINILENGXENYANA YOMPHILO ONGAZI. INGAVULEKA KUHAMBA OKUZE KUMAHORA AMBALWA FUTHI INGUQUKULULO IYINGABA YAMANDLA. SHAYELA 112 NOMA UDILE KWINDAWO YOKUNAKEKELWA NGOKUNGAPHEZULU: UKUQINISEKILE OKUNGABALULEKI NOMA UKUHLUPHUKA, UKUSHINTSHA KWEMPILO OKUJULILE, UKUGQAMA KWENSUZI, AMASIFO AMKHULU, UKUDLALA KWEZIMO, UKUTSHINTSHA KWAMATHA, UKUQINISEKILE KWEMITHI, UKUGCWALA, NOKUSHISA KOMHLOMO — IKUVAKALISWA YILOLO HLANGANISHO.

Isithathu somkhuhlane we-serotonin, esichazwe ngendlela elula:

- Ukuguquka kwesimo sengqondo - ukukhuluphala, ukuhlazwa, ukungabi nokuphumula.
- Ukungqubuzana kwezamabhiliyoni - ubushwa, ukutholampilo okushesha, ingcindezi yegazi ephezulu, ukuphunga, ukugula.
- Ukungcola kwezimo ezithintekayo - ukubamba, ukuqina kwamathambo, ukugxekwa kwamathambo (imyoklonasi), amakhambi agijima kancane kakhulu, ukulahlekelwa kokulawula.

Noma yiluphi uhlobo lokuphina ngemuva kokusetshenziswa kwe-methedrone, ikakhulukazi uma kuhlanganisiwe nezinye izinto ezithinta i-serotonin, kubalwa njengentambo yokulima. Tshengisa abaphenduli bezimo eziphuthumayo ngazo yonke imikhiqizo kanye nezindlela zokwelapha ezisetshenziswa—lokhu kushintsha kakhulu ukwelashwa.

⚠ UKHULUMENI

Lo mbuyiselo ngeke uhlinzeke ngohlelo lokunciphisa kancane ukusetshenziswa kwe-methedrone ekhaya, ipulethi yokuncipha yomthamo, noma imiyalelo mayelana nokusebenzisa. Akukho iphrothestholi yochwepheshe esunguliwe mayelana nalolu hlobo lwemithi, futhi ngenxa yengxenye yengozi ezichazwe kulo mbuyiselo wonke, ukuzama uhlelo lokunciphisa ngokwakho ngaphandle kokubambisana nodokotela kungokhulu kakhulu kunokuba kunjalo namanye amakhemikhali amaningi kulolu chungechunge. Okuleli mbuyiselo luhlinzeka ngalokhu: uhlelo lokuthola ukwesekwa kwezokwelapha okulungile futhi ukuqonda ukuthi umzimba wakho kanye nengqondo yakho zidlula ngani.

Ilanga 1 — Ukuthi Kungani Ukuthatha Izindlela Zezinongo Eningi Kubalulekile Lapha.

I-CENTURION - Ukubhala Okwenza Ukuhlanganiswa Kubangele Inkinga.

IMethedrone iyindlela eqinile yokuvimbela nokukhulisa ama-serotonin kanye nama-norepinephrine. Kunezinkinga ezincane futhi ezingaguquki zokuvimba i-monoamine oxidase (MAOI). Ngakubo, lokhu kuthinta imiphumela yayo kanye nomkhuba wokukhipha umuthi. Uma ihlanganiswe nanoma yini enyangele ukukhulisa izinga lama-serotonin — isibonelo, imidakamu yokwelapha i-SSRI noma i-SNRI, i-MAOI (efakazelwe noma cha), itramadol, idextromethorphan, ama-triptan, i-St. John's Wort, noma eminye imidlalo enyangele ukukhulisa izinga lama-serotonin — ingozi ayiyona nje yokwengezeka, kodwa iyingozi enkulu kakhulu. Lena yindlela efanayo engenziwa ngocingo lwe-MDMA kanye ne-SSRI, futhi kwanda ngenxa yomsebenzi omncane we-MAOI we-methedrone kanye nomjikelezo wokuphuma umuthi omuhle kakhulu, okwenza lokhu kusebenza isikhathi eside. I-bhizinisi lihlala kakhulu kuneminye imikhiqizo efanayo ye-cathinone.

Kungakho 'ukuthathe izidakamizwa eziningi' kulolu mbhalo akusho nje ukuthatha izinto ezihlukahlukene ezijabulisayo—kuhlanganisa futhi izingozi ezithathelwe odokotela, eminye imithi eyodwa, kanye nezindlela zokuphuza. Ingxoxo mayelana nokuyeka ukuthatha i-methedrone engabonisi yonke into ethathwayo umuntu ngamunye ayikhona kulo mzimba wakhe, iyinxoxo engenaphumeleli, futhi ngokwahlanganisa le nhlanganisela ekhethekile, inxoxo engenaphumeleli ifake ingozi yangempela.

Izingxenye ezingu-2 - Uhlelo Lokukhipha Izidakamizwa.

I-CENTURION — Kungani leli thuba lihlala kude kunokuhlukumezeka okujwayelekile kwe-cathinone.

I-methedrone inesikhathi eside sokulahlekelwa ngayo umzimba (izilingo zokusebenza zibonisa ukuthi cishe usuku olugcwele) kunama-mephedrone noma i-methylone. Lokho kusho ukuthi kokubili, ukwehla okubonakalayo kanye nenqubo yokuqala yokukhipha umgudu (withdrawal) kuvamile ukuba kube buthuthuka kakhulu futhi buphumelele kancane kunokwehla okusheshayo nokukhishwa ngokushesha okuwubufakazi bokusebenza kwezinye izinto ezithulekayo.

Iphase.	Iwindo ejwayelekile.	Kuyini okwenzekayo?
Ukwehla okukhulu.	Ngemuva kwamahora angu-12	Ukukhuluphala, ukuba nezinhliziyo ezilumazayo, ukungqubuzana - kuncikelela

Iphase.	Iwindo ejwayelekile.	Kuyini okwenzekayo?
	kuya kwangu-48 ngemuva kokusetshenziswa okugcina.	kakhudlwana kunokulandelwa yizinto ezisetshenziswa ezihlanzekile ngokushesha ngenxa yesikhathi eside esidlalelwa ngaso.
Ukutshekelwa kusenesikhathi.	Usuku lesibili kuya kulusuku lesikhombisa.	Umnakwetha, ukungathandi izinto, ukuphazamiseka kokulala, ukukhuluphuzwa, ushintsho kwezindlela zokudla - ngokuvamile kunalesi sindo esibandayo nesinzima kunezinye izimpompi ezisetshenziswayo.
Ukuzivumela.	Izingxenye ezingu-2–6.	Ukuguquka kancane ekudleni nokulala; imizwa ingasekhona.
PAWS	Ngezi Nyanga 1 kuya kweziyi-12.	Ukunethule okujulile okwanda-kancane, ukulahlekelwa kakhulu ekucabalaleni, kanye nokunqunywa. Lokhu kwenzeka njengoba izinhlaka ze-serotonin ne-dopamine ziqala ukubuyisela umsebenzi wawo.

Izingxenye ezingu-3 — Kuthatha Isikhathi Esingakanani Ukuthi Izinto Zibuyele Ejwayelekile?

Ngenxa yokusetshenziswa okufushane noma okuhlaziywa, abaningi badlule ezimpawu eziyisimiso phakathi kweviki elilodwa kanye nezinye izinkulungwane. Ngenxa yokusetshenziswa okuqhubekayo noma okuvamile, igxathu lokubuyela esimweni esijabulisayo - isikhathi lapho imizwa, ukulala, nokucinga kusengokuthile "ngaphandle" phakathi kweminye imizuzu emihle - ngokuvamile ithatha amasonto angu-4 kuya kweziyi-12, kanti amabhuloho afushane e-PAWS angase ahambe kufika ngonyaka. Uma ukwelashwa ngemithi yokulungisa imizwa kuyingxenye yohlelo, isikhathi sokuzizwa uqinile futhi kuxhomeke endlela leli phuzu lemithi elixazulwe ngayo (Isigaba 6) - okuyinto enye indaba yokuthi kungani akufanele kwenziwe lokho ngaphandle komdokotela.

IZWA.

Uma usengakho izinsuku ezintathu noma ezinhlanu futhi usenazo izikhathi ezinzima, lokhu akusona ukuthi ukuphulukiswa kwakho kuhlulekile. Uketshezi esebenza kanjalo kakhulu ku-serotonin, futhi elithatha isikhathi eside ukukhipha umzimba, kunikeza ingxenye yezinsu ezinkulu umsebenzi omkhulu. Lezi zindlela zibalulekile, hhayi ubufakazi bokuthi okuthile kungaphazamiseki.

Izingxenye ezingu-4 - Yini Okungenzeka Ubuwubone Kakhulu

[Ulwazi oluningi luyatholakala ku findahelpline.com]

- Ukuthi ukwecela kokuqala kungaba nomthelela onzulu futhi ohlanganisiwe kunecala elincane nje elihlobene nokukhiqizwa kwe-dopamine—okuhambisana nohlelo lwesiratonin.
- Ukulala okunzima ukuthi uphinde ube muhle, ngamanye ahluzo ngokuba neminyuzelo emikhulu noma engazisindi njengoba ukulawulwa kwe-serotonin buyabuyela esimweni esijwayelekile.
- Izimpelasonto zamakhaza noma ukukhathazeka engabe zibangelwa yinto ethile okwenzekayo eduze nawe—kupatheni we-PAWS odokumentiwe, hhayi uphawu lwesimo esisha esizimele.
- Uma usebenzisa ezinye izinto (bheka iSahluko 6), ukwehliswa kwe-methedrone kungaba nzima kakhulu ukuhlukanisa nokwehla okubangelwa yilezinye izinto—lesi kuyindlela yokuthi umfundisi wokwelapha kufanele abe nombono ohlanganisiwe kunalokho okutholakalayo kulibhuku elikhuluma ngempahla eyodwa.

Isigaba 5 — Ukubambisana Kwezinto Ezingokwakhiwa Kwemvelo.

Ijini / Ukuguquka	Ngenxa yokuyekezwa.
CYP2D6	Abantu abanokwenzeka ukuthi bangcono ekuhambiseni imithi, bahlanzela kakhulu i-methedrone kanye nezinto ezivelakwe yayo, okusho ukuthi ingozi yokuxhumana kwe-serotonergic kanye ne-MAOI ingaba ende kunalokho okubonakala kuzemingcwane evamile.
SLC6A4 (5-HTTLPR)	Lezi zinto zombili zimethula ukukhulu kwamakhithi ezenzo ezibangelwa ukuphazamiseka kwe-serotonin, kanye nobubanzi bomuntu ngamunye ekugculiseni ingozi ye-serotonin syndrome uma kuhlanganiswa.
MAOA (uVNTR)	Izinga eliyisisekelo lobudlelwane be-monoamine oxidase (MAO) zithinta ukuthi kangaki umthwalo owengeziwe we-serotonin—okubangelwa yimiphumela engaphezu kwesikhathi ye-methedrone noma ngamanye amakhemikhali asetshenziswa ngokuhlangene—ohlelweni.
COMT (Val158Met)	Kulawula ingxenye yodopamine yokukotshwa futhi kunquma ukuthi ubunjiniwezinto obungokwemvelo bukufanele buhleleni kanjani ngemuva kokululama - bheka i-Recovery Guide ehambisanayo, isigaba 6.

⚠ UKHULUMENI

Uma uyazi ukuthi yini i-CYP2U6 yakho futhi ungumsebenzisi omkhulu noma osezindindleleni phakathi, yenze kube ngcono ukwazisa wonoma yiliphi udokotela oliphatha ukuphakamiswe

kwento oyisebenzisa noma olubuyekeza imithi yakho—lokhu kushintsha isikhathi lapho ingozi yokuxhumana ibalulekile.

Isigaba 6 — Ukuhlanganiswa Kwezindlela Zokwelapha: Izinhlanganisela Ezibaluleke Kakhulu.

Leli hlaka yindlela engenziwa ngalesi bhukisho ukuthi kube umngane, kungekhona okungenye indaba elingahlanganiswe nengxenye eyodwa kuphela kuleli bhukisho elikhulu lokululama. Kuyo yonke imisebenzi ethiwe ngezansi, okudingekile ukuze ukwenyuke kube ngokuphepha kushintsha.

6.1 — Imithi engaphezulu etholakala odokotela, njengama-SSRIs, ama-SNRIs, noma eminye imithi yokulalisisa ukudangala.

⚠ UKHULUMENI

Lesisimo esiyingxenye enkulu futhi esibalulekile kakhulu mayelana nokusebenzisa izindlela zokwelapha eziningi ngasikhathi sinye, ikakhulukazi uma kukhulunywa ngo-methedrone. Uma unikezwa umuthi wokulalisela ukuduka (antidepressant) futhi usetshenzise i-methedrone, ungazenza izinqumo ezingenzi lutho mayelana nanoma yimuphi waleli zinto ezimbili — ukucekeliswa kwe-methedrone ngendlela engenamsebenzi kuyisinguqulo esisodwa; ukuyeka noma ukulungisa umuthi wokulalisela ukuduka ngendlela engenamsebenzi kuyisinguqulo esihlukile, futhi sinengozi yohlelo lokuyekiswa lwaleli midlalo. Ukwenza lezi zinguqulo ezimbili ngasikhathi sinye, ngaphandle kokuhlolwa kwodokotela, kungukuthi abantu bayogcina bephelelwe ukulawula kokuxhumana kwe-serotonergic noma uhlelo lokuyekiswa lwemithi yokulalisela ukuduka, okwengeziwe ekulahlisweni kwe-methedrone.

Ukukhipha ukwembulwa kuyindlela elungile, hhayi ukuphatha uqobo: tshelani umdokotela wakho ukuthi usebenzise i-methedrone, futhi yini esikhathini esidlule. Kungokungenxa yokuthi kulula ukusho lokhu, kodwa kungolwazi oludingekile odokotela ukuze akwazi ukuphatha imithi yakho ngokuphepha ngaleso sikhathi—okuhlanganisa nokuthi kumele yini ukuguqulelwa okuthile, isikhathi sokugxilwa, noma uhlelo lwesikhathi esithile ngaphambi kokubuyela ekusebenziseni imithi ekhudlwana le-serotonin.

6.2 — Okunye okukhuthazayo noma ama-cathinone (ezisetshenzisweni zokuxaphaza kanye nezindlela zokusebenzisa izidakamu eziningi).

I-methedrone ingakusetshenziswa ngokuhambisana nezinye izinto ezifakelwa, njengama-cathinones, i-methamphetamine, noma i-GHB, kwezimo zokuzijabulisa noma zamabhunga. Yonke into eyengeziwe efasizelayo noma esebenzisaneni nenjoloba ingezi ingozi yezinhliziyo kanye nezinkinga zengqondo ngaphandle kwombuzo we-serotonergic onguchaza ngenhla. Uma lokhu kuchaza indlela oyihambisana nayo, imihlahlandlela ye-Recovery Kernel mayelana nokuyeka i-methamphetamine ne-GHB kulolu chungechunge ithinta kabanzi ingozi yokunqamuka eyikhulu yalezi zinto — funda leli hlengiso elifanele kanye naleli elinxusa ngalokhu, kunokuthi ucabange nge-methedrone njengeyona nto kuphela okufanele ukuyeka.

6.3 — Uphuzo kanye ne-Benzodiazepine.

Ukusebenzisa kakhulu utshwala noma ama-benzodiazepine kungaphazamisa izimpawu zokuqala zokwehliswa noma izimpawu ezingaba yingozi ezihlobene ne-serotonin, okwenza kube nzima ukubona ingozi esikhulayo. Uma ngabe nakho kulezi zinto kuyingxenye yendlela oyiphatha, qaphela lokhu kunoma yiliphi udokotela obambe iqhaza. Ukuthemba ku-benzodiazepine, ikakhulukazi, kubanga izingozi zalo ekuphumeni okudinga ukulawulwa ngendlela yalo, hhayi ukuthi kuhlanganiswe ngokufihlekile nengxoxo mayelana ne-methedrone. Bheka umhlahlandlela we-"Benzodiazepine Forced Discontinuance" walolu chungechunge uma kuyalungile.

6.4 — Ama-MAOI (okuthwetshulwe noma okunye).

⚠ ISIVIMBAMBE SEZOKUDLALWA KWEZEMPILO

UKUXHUMANA KWE-METHERDRONE NE-MAOI ETHULIWE (NJENGO-PHENELZINE, TRANYLCYPROMINE, NOMA I-SELEGILINE) KUBUKISA KANJE FUTHI BUNGENZA UKUGULA OKUNGABUBHADULE. FUTHI, LOKHU AKUNGIWONA ISIMO LAPHO LE MHOLOYO INGAKUSEKELWA KHONA, IHLO HLUKO LOKUQEDA, NOMA UKUZIPHATHA NGAYO. XHUMANA NOKUDOKOTELA KAKU MASONTO NAMADLALA FUTHI UMBALAZE NGOKUTHOLAKALA KWEMETHEDRONE, NGENKULUNGELO, THOLA UKUNAKEKELWA OKUBHEKILE FUTHI, LOKUPHUMA KUSUKA KU-SECTION 0.

Isigaba 7 — Sebenzisa Ukuhlukaniswa Kwemiphumela.

Ukuthi ukuyeka okuphephile kudinga yini kuxhomeke kakhulu endleleni ethile ephezulu esetshenziswe ngayo — akukhozonke izimo ezifanele ukuba zinengxenye efanayo yokwelashwa, nakuba nezinkinga zokuhlanganiswa kwezokudosi ezingabalulekile ezichazwe kuSahluko 6 zisebenza kunoma yiluphi uhlelo.

Izinga.	Pattern	Lokhu umhlahlandlela uncoma yini?
1 — Okuhloliwe.	Ukusebenzisa okuncane kakhulu, ngaphandle kwezinye izinto ezithinta i-serotonin.	Udokotela kufanele axoxe nomuntu uma kukhona izimpawu ezikhathazayo; ngaphandle kwalokho, izingxenye zokusakazeka kwezinto eziphilayo zale Khasi Yokulindela (Recovery Guide) ziyanele.
2 — Okuhamba njalo.	Ukuzilibalaza ngesikhathi esithile, ngokuvamile kuxhaphazwe noma ngezinkundla.	Same as above, with closer attention to Section 6 if any co-used substances are part of the pattern
3 — Okujwayelekile/Okukhulayo	Ukusebenzisa kuye kwaba ngokuvamile noma kububele kakhulu ngokuhamba kwesikhathi.	Kunconywa ukuthi udokotela kuhlanganiswe ngaphambi kokuyeka ukusetshenziswa kwalolu dweba, ikakhulukazi ukuze uhlolwe noma yimiphi imithi enye oyithathayo.

Izinga.	Pattern	Lokhu umhlahlandlela uncoma yini?
4 — Okuxhume ne/Ukusebenzisa izidakamizwa eziningi.	Ukusebenzisa njalo, futhi ezikhathini eziningi kanye neminye imithi esetshenziswa ukukhuthaza, i-GHB, noma imithi ekhuthazayo ama-serotonin.	Ukugcinwa ngodokotela kunconywe kakhulu; ungahleli ukuyeka izinto eziningi ngasikhathi sinye ngaphandle kokuxhumana nodokotela.

Isigaba 8 — Uhlelo Lokuhlanzwa Kwomzimba Lwemithi.

Le ngxenye esetshenziselwa ukukusiza wena noma umuntu okuxhasa ukuphikisa ukuthola ukunakekelo olufanele. Akukhona ukuthi kunemithi evunywe yi-FDA yokulaliswa kwe-methedrone noma yama-synthetic cathinone, futhi -njengoba kungenzeka ne-opioids noma utshwala- akukho iphrothokholi ejwayelekile yokuhlanzwa eyenzelwe ngqo leli fomu. Ngakho-ke, umbono ogcwele odokotela mayelana nayo yonke eminye imininingwane oyikhona emzimbeni wakho (Ingxenye 6) kubaluleke kakhulu ekuthweni ukuthi uhlelo oluphephile lungaba kanjani kuwena ngokuqondile.

⚠ UKHULUMENGE

Lo mcazelo ngeke uhlaziye izingcezu ezithile zokunciphisa idosi, izikhathi, noma imiyalelwa yokwelashwa ye-methedrone noma yanyanga yonoma iyiphi enosizo ekulawuleni kokuphuma kwaleyo. Yilokho okuhlukanisa phakathi kokuthi "kuyaziwa ukuthi kungani" kanye nokuthi "kulungile ukwenza lokhu ngokwakho, ngaphandle kokunakekelwa," futhi yilapho abantu bagqolozeka khona. Udokotela noma ugxilwe kwezifo ezihlobene notshwala, osebenzisa uhlu lwakho lwakamuva wemithi kanye nomlando wakho wokutshala, uyindlela engcono yokuthola ulwazi olunjalo oluneminingwane.

Yini ongayithatha kulokho uhlelo lokuhlangana:

- Uhlu olugcwele walokho konke okuthathwe - okuluyelwa, okunikezwayo ngaphandle kwokusetshenziswa, kanye nalokho okuzijabulisa - kuhlanganise nesikhathi esilinganiselwe sokugcina ukusetshenziswa kwalokho ngalinye.
- Leli hlaziyo lwesigaba sesi-5, uma unemiphumela yokuhlolwa efanele.
- Yini enye imizuzelo ye-serotonin ongayibonile ngesikhathi usetshenzisa umuthi, noma kungaba yimizuzelo encane noma esheshayo - lezi zimpawu ziyindaba ebalulekile ekuhloleni izingozi.
- Ngiyohlanganisa ukuhumusha kwezisho eziningi ngesiZulu.

Isigaba 9 — Uhlelo Lokululama (Ngemuva Kokukhilimo).

Le ndima iqala ngemuva kokuxazululwa kwanoma yimuphi ukhulu lwezinkinga zezokwelapha (Ingxenye 0), futhi, lapho kudingeka, udokotela uhlolile yonke imithi kanye nezinto ongazithatha.

Izinga 1 — Isisekelo Sobuhle Bemvelo.

- 5-MTHF (i-folate esebenzayo) - isiza ukukhiqizwa kwamaminerali athile ezingeni elithile, okuyinto ebambezelelana nokuguquka kweminerali.
- I-magnesium glycinate - isiza ukulala kanye nokulawula kahle uhlelo lwezinervesi; inengozi encane yokukhathazeka nezinye izinto.
- I-Omega-3 (i-EPA/i-DHA) - ukweseka okujwayelekile kokuqubutha ukutshisa kwengqondo, futhi ineprofayili yokuphepha eqinisekiswe.
- Ukuthelela okulinganisiwe kwephrotheni kanye nokuhlelelwa kwesikhathi sokudlela - kuxhasa ukukhiqizwa kwamakhemikhali egama eliholayo (neurotransmitters) kanye nokuzinza komhluzo, kokubili okubalulekile ekulinganiseni imizwa ngemuva kokululama.

Izinga lesi-2 - Ukwesekwa kwezokudokotela kanye nezengcweti.

Noma yikuphi ukuthathwa kwezindlela zokwelapha—okubalwa nokuthi noma nini mayelana nokufaka kabusha idokotela elilawula imithwalo, noma ngabe kudingeka ukuhlaziywa kwemithwalo esetshenziswayo—kuyahlanganiswa ngokuxoxiswana nomdokotela kusukwini 8, hhayi ekwelapheni okuzenzakalelayo. Lesi sigaba kahle nje senzelwe lokho ukuthi kungaxoxiswane nomdokotela kunokufakwa lapha ngendlela ejwayelekile, ngenxa yezinkinga zokuhlanganiswa ezikhulunywe kulo mbukiso wonke.

Izinga lesi-3 — Ukulawula Uhlelo Lwesimo Sengqondo.

- Ukuphefumula kwansuku zonke—akuyona into engabuyekezwa, ngoba kunezikhathi ezinde ezichazwe kuSahluko 2.
- Ukuvuma kwezemikhuba yomzimba okwamanje, eqalwa kancane kancane—kuxhasa kokubili ukululama kwamasistimu adopaminergik kanye ne-serotonergik.
- Ukuhlala ngemizwa efanayo yokuphumula nangokuvuka, noma ukukhululeka kokulala kungase kungenzi lutho.
- Ukuxhumana nokwazisa—ukuzizwa ukhululekile futhi ukungafihli lutho mayelana nezinye izindlela zokwelapha ezisetshenziswa ndawonye kuyimbangela yengozi, hhayi nje izingqinamba ezivamile zokuphuthuma.

Isigaba 10 — Ukwazisa Kwezinselele, Ngokubuyekeza.

⚠ ISIVIMBAMBE SEZOKUDLALWA KWEZEMPILO

Hamba ngokushesha esikhungweni sokwelashwa kwezimo eziphuthumayo uma ubuva: ukukhathazeka noma ukuhlazalile, ukushaya kwelula okusheshayo, ingcindezi yegazi ephezulu, amehlo akhulisiwe, ukuqhamuka kakhulu kokucwiliswa, ukugxekwa kwamabhukududu noma ukuba ngokuqinile, ukulahlekelwa, kanye nokushisa—ikakhulukazi uma kuzo konke lokhu, futhi ikakhulukazi uma yini enokuthi ibangele ukukhuthazeka kwe-serotonin isetshenziswe ndawonye ne-methedrone. Lokhu kusebenza ngesikhathi sonkonzo kanye nezinsuku ezimbalwa ngemuva kokuyekeza, ngenxa yesikhathi eside okudingekayo ukuthi i-methedrone iphumele emzimbeni. Uma uthobile, ukhathazeka, futhi ulala kabi kodwa ungenazo ezinye zalokho okungenhla—lokhu kulindeleke ngokusho kwesikhathi esichaziwe

kuSahluko 2, futhi ukuxhumana nomdokotela ngosuku olufanayo kuyanele, kodwa lokhu akuyona inkinga edinga ukuya esikhungweni sokwelashwa kwezimo eziphuthumayo.

Isigaba 11 — Ishadi Lokuxhumana Lwephrothokholi Ephelele.

Uma lokhu kukufanele.	Bheka.
I-biology kanye ne-genetics yokululama kwe-methadrone.	Recovery Kernel — Indlela yokululama kusukela ku-Methedrone (umhlahlandlela osizayo).
Ukuxhumana kwe-methamphetamine.	Recovery Kernel - Uhlelo Lokuyeka: I-Methamphetamine.
Ukuhlanganiswa kwe-GHB/GBL/1,4-BD.	Recovery Kernel - Uhlelo Lokuyeka: i-GHB
Ukuxhumana kwezindlela zokwelapha ezihlanganisa ama-benzodiazepine.	Recovery Kernel - Ukuyeka ngamandla: I-benzodiazepine.
Ukulungisa ukukhulelwa.	Incwadi Esikhulu - Uhlelo 09, Ubumbo Bomthunzini.
Ukuguqulela indawo/ukunciphisa ukufinyelela.	Main Compendium — Iphrothokholi 05
Uhlelo lokuhlanganisa olunzulu lwezokwelaphe kokuzithinta.	Main Compendium — Iphrothokholi 28 (C-28)

Isigaba 12 — Ukuphela.

ISIKOTHI

Into eyenza ukuyeka i-methedrone kuhluke ngempela kunoma yimiphi eminye yalezi zinqubomgomo akuyona ukuthi ukuphazamiseka ngokwazo kubukhulu obungavamile, kodwa ukuthi ukuthola okufanele kuxhomeke engxoxweni enengqondo futhi egcwele mayelana nayo yonke into okunoma yini enamagama, nokuba iyokwelapha noma cha. Le ngxoxo ingaba njengeyinto enzima kakhulu. Futhi iyindlela enkulu kunazo zonke yokuvikela. Udokotela onolwazi olugcwele angakusiza ukuthi udlule kulolu hlobo ngokuphepha. Odokotela abasebenzisa ulwazi olungenzulu abangakwenza lokho—hhayi ngoba bengabanga, kodwa ngenxa yokuthi ulwazi olushintsha uhlelo alutholakali. kwawo okwamanje.

UKUPHELISWA KWEKHAYIHLO: IMETHEDRONE.

Imithombo Yokunciphisa Umthelela Omubi — Akuyona Ukwelulekwa Lwezokudokotela — Akuyona Indawo Yokusongela Ukunakekelwa Kokuphuthumayo.

Crisis Resources: 988 (Suicide & Crisis Lifeline, call or text) | Crisis Text: HOME to 741741 | SAMHSA: 1-800-662-4357